

AUTUMN PROGRAMME 2017 - WEEKDAY IMPROVED CARDIO CAPACITY

You can work on your cardio at home or outside with these three styles of workout. Each of these workouts will take as little or as much time as you would like. Don't forget to cool down and stretch at the end.

You will need: A stopwatch or Tabata timer app on your phone.

WARM UP

- Start your warm up with a brisk walk or march on the spot, loosening up your shoulders as you go by rotating through your shoulders and swinging your arms using an increasing range of motion.
- Standing leg lifts and hamstring curls x3 sets of 10.
- Do 8-10 jumping jacks followed by jogging on the spot

WORKOUT

TABATA

A great one to do at home as you don't need much space. A form of interval training, Tabata is a four minute workout consisting of eight 20 second intervals with 10 seconds rest in between.

You can choose a single exercise or combine 2-3 exercises in your circuit of eight. You just need to use a stopwatch or download one of the Tabata timer apps on your phone. You could choose burpees, squats, jumping jacks or press ups and any modification of those exercises for your Tabata. You do the exercise continuously for 20 seconds and rest for 10 seconds.

squats | burpees | squats | burpees |
squats | burpees | squats | burpees

for example

or jacks | mountain climbers | jacks | mountain climbers
| jacks | mountain climbers | jacks | mountain climbers



*You could swap Spiderman push ups, for a plank version.

HILL SPRINTS (OR DUNE RUNS)

Simple, yet effective (and quick). The walk back downhill becomes the recovery. Choose a road, park hill or a dune that will take you around 30 seconds-1 minute to reach the top. Think about your burst of energy and then focus on running to the top as quickly as you can. Walk or skip back down again. Repeat 5-10 times.



BEACH CARDIO AND STRENGTH

Put a marker on the sand and walk 50 paces. Place a marker, then do:

- x10 *Spiderman press ups (knee to elbow) and sprint to marker
- x9 Spiderman press ups and sprint to marker
- x8 Spiderman press ups and sprint to marker
- x7 Ordinary press ups and sprint to marker
- x6 Ordinary press ups and sprint to marker
- x5 Ordinary press ups and sprint to marker
- x4 Press ups on knees or toes and sprint to marker
- x3 Press ups on knees or toes and sprint to marker
- x2 Press ups on knees or toes and sprint to marker
- x1 Plank to fatigue and sprint to marker

If you still have some energy, repeat in reverse!

